


Bright Ideas for Washington State Bright Futures May, 2004 edition

A News Update from the Washington State Bright Futures Project

Bright Futures "in the Works"

This issue features Bright Futures efforts underway in the Spokane County Head Start/ECEAP and Early Head Start programs. The following was adapted from an article by Joan Baune, Family Service Coordinator.

ECEAP and Head Start Family Service Coordinators in Spokane met in February, 2004, with their new and dynamic Bright Futures Pilot Team, to learn about, review and use the materials from the federally supported Bright Futures health education project. Most importantly, they sought  to generate and share ideas.

The training was developed by an energetic group of Family Service Coordinators, Janel Dudley, Sari Shepard, Valarie Baker, Sue Cook, Joan Baune, Megan Dudley and others. Last Spring they took the opportunity to work with the Health Component Specialist team to examine the Bright Futures materials received at the 2003 Head Start Conference in Ellensburg. Then, in the summer, the Bright Futures Pilot Team had a phone conference with the Bright Futures staff at the University of Washington, generating lots of great ideas for implementing the Bright Futures as well as a donation of some basic Bright Futures materials. This was just enough for the team to get hooked into the concept. The program purchased the Guidelines for Health supervision for all sites, providing the basics for all sites to begin using Bright Futures with families this fall and developed the presentation to take the information to a larger audience.

In the training, Sari Shepard shared how she rallied parents at the HS/EHS Early Learning Center to organize their families' health information into individualized portfolios. With the help of Shelley Cockel, Office Assistant, Sari provided a CD ROM of cute labels for folders that staff could use if they choose to offer their families this opportunity. Sari also demonstrated how some of her parents chose to organize their portfolios and discussed other topics that could be added to the folio.

Janel Dudley presented the Bright Futures in Practice to show how the information can be accessed and used with parents. The Bright Futures

"Every family that received the Bright Futures folders were thrilled with the idea of having all of their health information in one place"
Early Head Start Family Educator

"Good resource. Helpful reminders of what to ask or talk to parents about when doing well-child checks." Bright Futures Pediatric Resident Survey, October, 2003

TO:

- Learn more about the Washington State Bright Futures Project
- Obtain technical assistance or training in the use of Bright Futures materials
- Submit your ideas for this newsletter

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Pocket Guides summarize most of the larger book's information and can be easily transported for use during home visits. The information in the books is easily reproduced to leave with families after your home visit. During the workshop the presenters shared that if you are interested in learning more about the materials you can go to the Bright Futures web sites, where materials can be ordered or downloaded.

To find out what the Bright Futures materials have to offer staff and parents, small groups of staff searched out the answers to questions frequently asked by parents around health. They then reported their findings back to the large group. This sharing generated a lot of great ideas for working with and educating individual and groups of families.

Sue Cook, Sari Shepard, Mariha Martindale, Megan Dudley and others shared the educational boards they developed for a parent friendly event on February 14th. Melinda described how she used the Bright Futures in Practice: Nutrition guide to develop her nutrition bulletin board. Then Sue presented a power point on the benefits of a team effort in educating families and some tips on a successful health/education fair: Preplan, have fun, pool resources, have fun, connect with community resources, have fun and debrief with the team to prepare for your next event!

Megan Dudley provided tips on organizing bulletin board information. When her board is assembled, she photographs the finished product with a digital camera, and uses the picture to label the folder to hold the contents for the next time she or other team members needs them. Staff signed up for a template for her local health clinics bulletin board. She is providing copies to each site represented at the training.

During the presenters' debrief session all agreed the training was a success! Reviewing the staff evaluations of the training it was discovered that staff in attendance most appreciated the hands on learning opportunity with such a diverse group of attendees, idea sharing, resource sharing, and expansion of health education to all areas of social service and education practice. Watch for more great ideas and information to come from this wonderful group of staff.

For more information, contact Janel Dudley at (509) 533-8970 or Megan Dudley at (509) 533-4653

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